

# FASTING FORWARD

## WHEN FASTING REACHES HEAVEN

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### DANIEL 9:3-6 (NASB)

**INSIGHT:** Too much \_\_\_\_\_, too much \_\_\_\_\_, too much \_\_\_\_\_, creates a dulled and deadened \_\_\_\_\_ (Psalm 85:4, 6).

### STEPS THAT LEAD US INTO SPIRITUAL DOLDRUMS:

1. Lack of \_\_\_\_\_, meditation and \_\_\_\_\_

**TRUTH:** It is impossible to \_\_\_\_\_ spiritually without feeding our minds and hearts \_\_\_\_\_ (Psalm 1:1).

2. Too much time \_\_\_\_\_ (Psalm 19:1)

3. Lack of \_\_\_\_\_

4. Neglect of \_\_\_\_\_

**INSIGHT:** When we yield to \_\_\_\_\_ over diligence to our \_\_\_\_\_ responsibilities, then spiritual \_\_\_\_\_ and even \_\_\_\_\_ are our rewards.

**INSIGHT:** It is the fast itself that \_\_\_\_\_, because in \_\_\_\_\_ you are seeking to recalibrate your \_\_\_\_\_ (1 Corinthians 6:13, Msg).

**TRUTH:** It is one thing to give up eating and fast from food, but it's another thing to have your food fast \_\_\_\_\_ (Zechariah 7:4-6 NIV).

There are three elements necessary in every biblical fast:

I. \_\_\_\_\_.

**INSIGHT:** A biblical fast means first that you \_\_\_\_\_ (Matthew 6:16-18 NLT).

**TRUTH:** Biblical fasting is for an \_\_\_\_\_ of one: our \_\_\_\_\_.

II. \_\_\_\_\_ (Ezra 8:21-23 NIV; Daniel 9:3-4a NIV; Acts 13:2-3 NIV; Acts 14:23 Msg).

**TRUTH:** Fasting \_\_\_\_\_ your praying.

**TRUTH:** God is in my fast, when at my fasting mealtime, I \_\_\_\_\_ to Him and \_\_\_\_\_ with Him from \_\_\_\_\_.

III. \_\_\_\_\_.

**TRUTH:** The primary focus of our praying in these 21 days is \_\_\_\_\_.

**TRUTH:** Biblically, fasting is about coming to God to \_\_\_\_\_ something that is \_\_\_\_\_ our lives.

**INSIGHT:** We fast in order to be \_\_\_\_\_; we go without so we can \_\_\_\_\_ what we \_\_\_\_\_ (Joel 2:12-14 NIV).